



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Statistics Report 20028, Couscous, dry

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	8.56	--	0.377	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Energy	kcal	376	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Energy	kJ	1573	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	12.76	--	0.820	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Total lipid (fat)	g	0.64	--	0.244	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Ash	g	0.62	--	0.110	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Carbohydrate, by difference	g	77.43	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Fiber, total dietary	g	5.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Minerals</b>													
Calcium, Ca	mg	24	--	2.132	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Iron, Fe	mg	1.08	--	0.180	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Magnesium, Mg	mg	44	--	2.856	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

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Phosphorus, P	mg	170	--	11.311	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Potassium, K	mg	166	--	17.521	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Sodium, Na	mg	10	--	2.073	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Zinc, Zn	mg	0.83	--	0.243	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Copper, Cu	mg	0.247	--	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Manganese, Mn	mg	0.780	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Thiamin	mg	0.163	--	0.018	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Riboflavin	mg	0.078	--	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Niacin	mg	3.490	--	0.083	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Pantothenic acid	mg	1.243	--	0.275	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Vitamin B-6	mg	0.110	--	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, total	µg	20	--	2.876	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	20	--	2.876	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Folate, DFE	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/1989
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.117	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:0	g	0.109	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:0	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total monounsaturated	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Fatty acids, total polyunsaturated	g	0.252	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:2 undifferentiated	g	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
18:3 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
<b>Amino Acids</b>													
Tryptophan	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.337	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.493	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.872	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.245	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.199	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.620	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	0.335	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.544	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.259	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.374	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	0.521	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	4.600	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	0.403	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	1.404	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	0.601	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
<b>Other</b>													